

Discouragement

How Jesus Overcame Discouragement

1

Discouragement

- “To deprive of courage or confidence: dishearten” (*Webster*)
- Deep and sober concern due to real problems can lead to discouragement
 - Hard pressed and perplexed. *2 Corinthians 4:8-10*
 - Jesus faced it and overcame it. *Hebrews 4:15; 5:7-9 (1 Peter 2:21)*

2

Discouragement takes many forms and has many causes

- **Family matters.** *John 7:2-5*
 - Troubled marriage, children, illness, financial concerns, business, etc.
 - Misunderstandings and conflicts
 - Let none of these distract you from the focus of your faith. *Matthew 6:25, 34*

3

Discouragement takes many forms and has many causes

- **Moral failures.** *Luke 22:47-48, 61*
 - Alcohol, drugs, sexual sins, lying, laziness, neglect, etc. *1 Corinthians 6:9-11*
 - Put away the past (with repentance) and press forward. *Philippians 3:13-14*

4

Discouragement takes many forms and has many causes

- **Spiritual matters.** *Matthew 8:23-26; Mark 4:35ff; Luke 8:22ff*
 - Personal struggles of faith.
 - Little or no spiritual growth.
 - Sinful influences.
 - Church problems. *(1 Corinthians 1:11)*
 - Faithless brethren. *(Deuteronomy 1:28)*

5

Discouragement takes many forms and has many causes

- **Remember the disappointments of others.** *Galatians 6:2*
 - Job (*Job 2:11-13*); David (*Psalms 22:1-2*); Elijah (*1 Kings 19:4*); Jeremiah (*Jeremiah 9: 1-2*)
 - Discouragements come! *Matthew 18:7*
 - Helps avoid self-pity. (not alone!)
 - Opens you up to helping others. (great way to overcome discouragement! *2 Corinthians 1:3-4*)

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Jesus Overcame Discouragement

- **With endurance.** *Hebrews 12:1-2*
 - He ruled His circumstances. *Philippians 4:10-13*
 - Your reasons to endure include:
 - More than conquerors. *Romans 8:35-39*
 - Christ in you is greater. *1 John 4:4*
 - He never fails you. *Hebrews 11:32-39*

7

Jesus Overcame Discouragement

- **With an eternal perspective.**
 - Look beyond the moment. *John 4:35*
 - See the light (not the darkness):
 - Made stronger and closer. *James 1:2-4*
 - Purify and rejoice. *1 Peter 1:6-9*
 - Be an instrument for God's glory. *2 Corinthians 4:14-15 (Note context)*

8

Jesus Overcame Discouragement

- **Jesus kept working.**
 - Stay active in your faith. *John 9:4*
 - Look for the open path. *Acts 16:6-10*
 - Esther. *Esther 4:14*
 - Keep getting up. *Proverbs 24:10, 16*
 - Do not grow weary. *Galatians 6:9-10*

9

Jesus Overcame Discouragement

- **Jesus prayed often.**
 - In nothing be anxious. *Philippians 4:6-7*
 - Jesus' retreat. *Luke 5:15-16; 6:12-13*
 - David's refuge. *Psalms 55:1-8, 16-19*
 - Cast your burden on the Lord. *Psalms 55:22-23; 1 Peter 5:6-7*

10

Jesus Overcame Discouragement

- **Jesus was thankful.**
 - Joy comes in the morning. *(Psalms 30:4-5) John 11:41; 16:22*
 - God's presence and blessings sustain us through darkness and danger. *Psalms 23:4*
 - Give thanks in everything. *1 Thessalonians 5:18*

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Let not your heart be troubled

John 14:1

- God strengthens and saves. *Psalms 31:21-24 (Hebrews 13:5-6)*
- "The Lord bless thee, and keep thee ... and give thee peace" *Numbers 6:24-27*

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